

## **Abstract**

- Title:** Analysis of children preparing for football – category of older preparatory
- Objectives:** To examine the training process of football players in light of training content.
- To focus on stimulated locomotive abilities, practiced skills and used didactic forms in children training.
- To compare gained information from practice with theoretic resources.
- Methods:** The base of practice part is the method of observation and interview with trainer (head coach). In inspections of training sessions there is composition of training content registered which is analysed afterwards.
- There are statistic methods of frequency and percentage expression used for obtaining results.
- In discussion I try to compare outputs of the practice with the theoretic ones by method of comparison.
- Results:** The coach in training process mainly focused on stimulating coordination and speed abilities.
- The most often rehearsed activity of individual play was running the ball.
- From MOF coach used the most setting-up exercises and preparatory games but hardly even play exercises
- The coach applied the collective form in the most of exercises.
- Key words:** Training process, training content, didactic forms, locomotive abilities, locomotive skills

